

**Week #1: March 29 – April 4**

<p><b><u>Dairy:</u></b>                  *(1) stick of butter                  *(1) 8 oz 1/3 less fat cream cheese                  *5 c. mozzarella cheese                  *(2) eggs</p> <p><b><u>Meat:</u></b>                  *1 ½ lbs smoked sausage                  *(6) boneless skinless chicken thighs                  *1 lb ground beef                  *2 lbs ground turkey                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(1) 16 oz bag of okra                  *(2) bags of broccoli                  *(1) bag of cauliflower rice                  *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>                  *(4) onions                  *celery                  *garlic                  *(2) heads of green cabbage                  *1 lb carrots                  *(1) zucchini                  *(1) small bag of spinach                  *(2) green bell peppers</p> <p><b><u>Canned/Jarred:</u></b>                  *(2) 10.5 oz Rotel                  *(1) quart chicken stock                  *(2) 15 oz green beans                  *(3) 14.5 oz diced tomatoes                  *(2) 15 oz Great Northern beans                  *(1) 8 oz tomato sauce                  *(1) 15 oz pinto beans                  *(1) 15 oz corn                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *2 lbs dry black eyed peas                  *(1) beef bouillon cube                  *Tony Chachere's seasoning                  *salt &amp; pepper                  *onion powder                  *garlic powder                  *olive or avocado oil                  *paprika                  *red pepper flakes                  *Italian seasoning                  *bay leaf                  *2 c. cooked brown rice                  *chili powder                  *cumin                  *cayenne pepper                  *almond flour</p>
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**Week #2: April 5-11**

<p><b><u>Dairy:</u></b>                  *16 oz sour cream                  *4 c. cheddar cheese                  *heavy cream                  *4 1/3 c. mozzarella cheese                  *(2) eggs                  *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>                  *4 lbs ground beef                  *1 lb boneless skinless chicken breasts                  *(6) boneless skinless chicken thighs                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(1) bag of broccoli                  *(1) bag of peas                  *(1) bag of cauliflower rice</p>	<p><b><u>Produce:</u></b>                  *garlic                  *(1) 3 pk Romaine lettuce                  *(2) onions                  *(2) green bell peppers                  *(1) head of green cabbage                  *(1) red bell pepper                  *small bag of spinach</p> <p><b><u>Canned/Jarred:</u></b>                  *mayo                  *(5) 15 oz green beans                  *(1) 8 oz mushrooms                  *5 c. chicken stock                  *(1) 15 oz kidney beans                  *(1) 15 oz Great Northern beans                  *(4) 14.5 oz diced tomatoes                  *salsa                  *1 quart beef broth                  *32 oz tomato juice                  *Frank's Red Hot Sauce                  *(1) 8 oz tomato sauce                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *dried onion flakes                  *salt &amp; pepper                  *onion powder                  *garlic powder                  *Ranch dressing, for salad                  *olive or avocado oil                  *chili seasoning                  *1/2 lb green or brown lentils                  *taco seasoning                  *Worcestershire sauce                  *cayenne pepper, optional                  *paprika                  *oregano                  *basil                  *on plan sweetener                  *3 c. cooked brown rice                  *soy sauce                  *red pepper flakes                  *almond flour</p>
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**Week #3: April 12-18**

<p><b><u>Dairy:</u></b>                  *(1) stick of butter                  *4 oz sharp cheddar cheese                  *4 c. mozzarella cheese                  *(2) eggs                  *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>                  *13-16 oz smoked sausage                  *5 lbs chicken drumsticks                  *4 lbs ground beef                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(2) bags of broccoli                  *(1) bag of cauliflower rice                  *2/3 c. diced okra</p>	<p><b><u>Produce:</u></b>                  *(4) onions                  *(3) green bell peppers                  *(3) 3 pk Romaine lettuce                  *small bag of spinach                  *garlic                  *(1) lime (can use bottled)                  *(1) head of green cabbage</p> <p><b><u>Canned/Jarred:</u></b>                  *(2) 15 oz black beans                  *(1) 10.5 oz Rotel                  *(3) 8 oz tomato sauce                  *spaghetti sauce                  *1 c. chicken broth                  *(2) 14.5 oz diced tomatoes                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *2 c. brown rice, not cooked                  *chili powder                  *salt &amp; pepper                  *avocado or olive oil                  *balsamic vinegar                  *apple cider vinegar                  *on plan sweetener                  *peanuts                  *soy sauce                  *garlic powder                  *onion powder                  *paprika                  *cumin                  *chili powder                  *cayenne pepper, optional                  *Ranch dressing, for salad                  *taco seasoning                  *Worcestershire sauce                  *almond flour</p>
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**Week #4: April 19-25**

<p><b><u>Dairy:</u></b>                  *(1) stick of butter                  *heavy cream                  *4 1/3 c. mozzarella cheese                  *(2) eggs                  *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>                  *1 lb ground beef                  *2 lbs ground turkey                  *1 1/2 lb smoked sausage                  *(6) boneless skinless chicken thighs                  *1 lb boneless skinless chicken breasts                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(1) bag of seasoning blend                  *(2) bags of broccoli                  *(1) bag of cauliflower rice                  *1/2 bag of peas</p>	<p><b><u>Produce:</u></b>                  *(2) heads of green cabbage                  *garlic                  *(2) onions                  *(2) green bell peppers                  *small bag of spinach                  *(1) red bell pepper</p> <p><b><u>Canned/Jarred:</u></b>                  *1 quart beef broth                  *32 oz tomato juice                  *(5) 14.5 oz diced tomatoes                  *(1) 15 oz pinto beans                  *(1) 15 oz corn                  *5 c. chicken broth                  *(1) 15 oz kidney beans                  *(1) 15 oz Great Northern beans                  *(1) 8 oz tomato sauce                  *(2) 15 oz green beans                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *Worcestershire sauce                  *salt &amp; pepper                  *cayenne pepper, optional                  *paprika                  *oregano                  *basil                  *on plan sweetener                  *5 c. brown rice, cooked                  *chili powder                  *garlic powder                  *cumin                  *onion powder                  *olive or avocado oil                  *chili seasoning                  *1/2 lb green or brown lentils                  *soy sauce                  *Frank's Red Hot sauce                  *red pepper flakes                  *almond flour</p>
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Week #5: April 26 – May 2

<p><b><u>Dairy:</u></b>                  *sou r cream                  *1 c. cheddar cheese                  *1 ½ c. egg whites                  *4 c. mozzarella cheese                  *(2) eggs                  *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>                  *3 lbs ground beef                  *5 lbs chicken drumsticks                  *1 ½ lbs boneless skinless chicken                  beasts                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(2) bag of cauliflower rice                  *(1) bag of broccoli                  *1 c. peas</p>	<p><b><u>Produce:</u></b>                  *(2) 3 pk Romaine lettuce                  *(2) green bell peppers                  *(3) onions                  *garlic                  *(1) lime (can use bottled)                  *1 lb carrots                  *(1) zucchini                  *small bag of spinach</p> <p><b><u>Canned/Jarred:</u></b>                  *spaghetti sauce                  *(2) 8 oz tomato sauce                  *2 c. vegetable broth                  *(1) 14.5 oz diced tomatoes                  *(2) 15 oz Great Northern beans                  *salsa                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *Ranch dressing, for salad                  *5 c. brown rice, cooked                  *(2) taco seasoning                  *on plan sweetener                  *garlic powder                  *paprika                  *cumin                  *chili powder                  *cayenne pepper, optional                  *avocado or olive oil                  *Italian seasoning                  *bay leaf                  *salt &amp; pepper                  *red pepper flakes                  *sesame oil                  *soy sauce                  *almond flour</p>
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